



Milk Allergies

How To Read a Label for a Milk-Free Diet

Avoid foods with these ingredients:

Artificial butter flavor
Butter, butter fat, butter oil
Buttermilk
Casein
Caseinates (ammonium, calcium, magnesium, potassium, sodium)
Cheese
Cream
Cottage cheese
Curds
Custard
Ghee
Half and half
Hydrolysates (casein, milk protein, protein, whey, whey protein)
Lactalbumin, lactalbumin phosphate
Lactoglobulin
Lactose
Lactulose
Milk (derivative, powder, protein solids, malted, condensed, evaporated, dry, whole, low-fat, non-fat, skimmed, and goat's milk)
Nougat
Pudding
Rennet casein
Sour cream, sour cream solids
Sour milk solids
Whey (in all forms including sweet, delactosed, protein concentrate)
Yogurt
“D” on a label next to “K” or “U” indicates presence of milk protein

May contain milk protein:

Flavorings including: caramel, Bavarian cream, coconut cream, brown sugar, butter, natural chocolate.
Luncheon meat, hotdogs, sausages
High protein flour
Margarine
Simplese®

Some substitutions for milk and milk products include:

Soy milk
Soy formulas
Nut milks (rice, almond, etc.)
Juices, in baked goods
Broth, in sauces or soups